

I want to help people even if I am really going to be bad at it. I am an old woman in the USA. It is after the November 2024 election, and I see so many people who are afraid and in pain.

As happened after the last time this president took office, the 24/7 news cycle has begun to bombard all of us with announcements that can not even happen until January 2025.

I have pain issues, and every time I try to look at any kinds of news I am bombarded with pronouncements that none of us have control over. I feel that I am being forced to not even look at any news on the internet because it worsens my pain. I can understand that others have pain too, and they still need to function.

I want to try to make my browsing a little more tolerable, and after looking around I did find something that might help others. I didn't come up with this idea, but I want others to know it is available. I am no expert, but I will try to explain.

Ublock Origin is a browser extension that works best of Firefox and variants, but is also available for Opera and Edge. (Google Chrome is blocking Ublock Origin)

<https://github.com/gorhill/uBlock>

Quote from their website:

"It blocks ads, trackers, coin miners, popups, annoying anti-blockers, malware sites, etc., by default using [EasyList](#), [EasyPrivacy](#), [Peter Lowe's Blocklist](#), [Online Malicious URL Blocklist](#), and uBO [filter lists](#). There are many other lists available to block even more. Hosts files are also supported. uBO uses the EasyList filter syntax and [extends](#) the syntax to work with custom rules and filters. "

HOW TO BLOCK WORDS (NOT IMAGES - SORRY):

1) Install Ublock Origin on a compatible browser.

2) Go to the settings for Ublock Origin and locate a tab called "My filters."  
You want to enable "Enable my custom filters".

3) You will want to add a line for each word you wish to block. Here is the syntax with a basic explanation because I don't know much about XSLT. I want people to understand the basics so you know this is not harmful.

```
*##:xpath('//*[contains(text(),"Trump")]')
```

\* = all domains

##:xpath() = command to scan

//\* = look at everything

contains(text()) = look for this text

The text it looks for is context sensitive so be careful.

#### 4) Example file

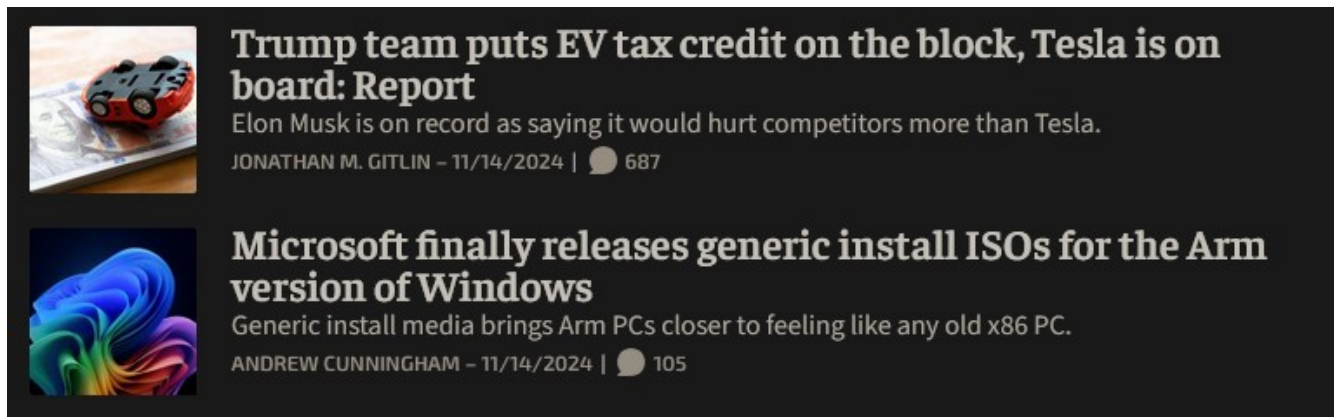
```
###:xpath('//*[contains(text(),"Trump")]')  
###:xpath('//*[contains(text(),"Elon")]')  
###:xpath('//*[contains(text(),"Musk")]')  
###:xpath('//*[contains(text(),"Gaetz")]')
```

You can also export your filters to a file to use with other computers.

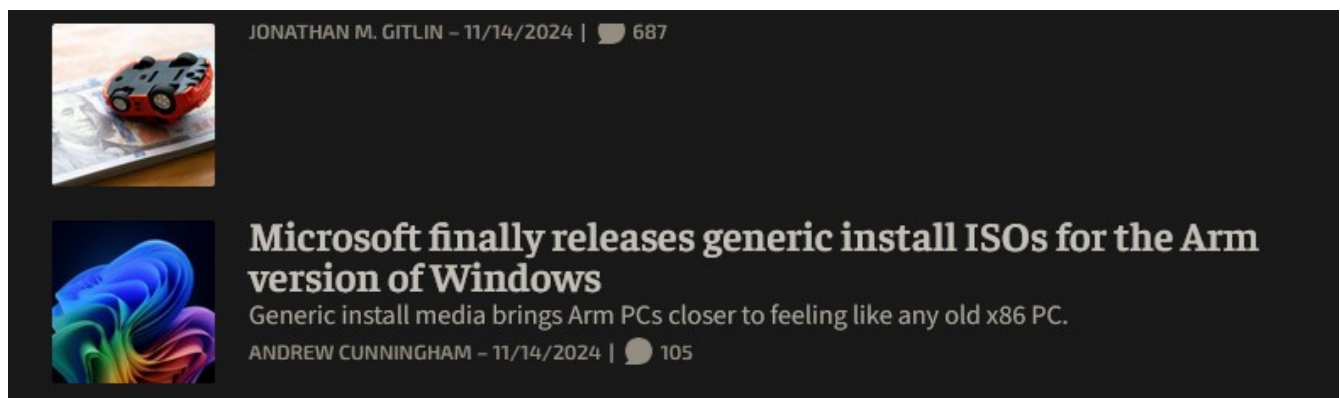
#### 5) Select the "Apply changes" button on the Ublock Origin dashboard.

It is probably best to restart your browser. Here is an example of what will happen.  
Site: Arstechnica.com

Before:



After:



If you find it useful please pass this on to someone else who may need some help.

Thank you